


Weekly Activity Schedule for Youth Combo Sports Camp



	Monday	Tuesday	Wednesday	Thursday	Friday
	Staff:	Staff:	Staff:	Staff:	Staff:
TIME	AM - Volleyball PM - Badminton	AM - Flag Football PM - Dodgeball	AM - Floor Hockey PM - Indoor Soccer	Softball/Baseball	AM - Basketball PM - Sports Camp Challenge
7:30 - 9:00	<div></div> AM Extended Care Hours				
9:00 - 9:15	Meet & Greet Children Staff Introductions & discuss Camp Golden Rules w/ campers	Warm-up & stretching exercises - information on today's sport			
9:15 - 9:30	Warm-up & stretching; Info on today's sport; Game rules (briefly), Serving drills, Hitting/Passing drills, Dig drills	Game rules (briefly), Passing drills, receiving drills, running drills, kicking drills	Game rules (briefly), puck/ball handling drills, passing drills, steals drills, goal blocking drills	Game rules (briefly), Throwing drills, running drills, fielding drills	Passing drills, dribbling drills, zig zag drills, free throw drills, shooting drills
9:30 - 10:00	Drills continued; Serving. Passing, setting, blocking and scoring	Drills continued; Passing drills, receiving drills, running drills, kicking drills	Drills continued; Puck/ball handling drills, passing drills, steals drills, goal blocking drills	Drills continued; Throwing, running, fielding	Drills continued; Passing drills, dribbling drills, zig zag drills, free throw drills, shooting drills
10:00 - 10:15	AM Snack				
10:40 - 11:20	Drills continued; Skill games: Serving accuracy, passing accuracy, wall setting contest, longest volley streak	Drills continued; Skill games: Passing accuracy, Longest pass, Most catches, Longest place kick, longest punt, best time in obstacle course (Shared w/Cool Kids Camp Campers)	Drills continued; Skill games: Zig- zag relay, ball control relay, shootout competition	Drills continued; Fielding, hitting (Shared w/Cool Kids Camp Campers)	Drills continued; Skill games: HORSE, Dribbling and passing relays, free throws
11:20 - 12:00	Game Time	Game Time with Cool Kids Camp Campers	Game Time	Drills continued; Fielding, hitting (Shared w/Cool Kids Camp Campers)	Game Time
12:00 - 12:45	Lunch, clean up and change for the pool hours				
12:45 - 1:50	Info on today's sport; Game rules (briefly), Fundamentals of serving and serving drills, Returns and Volley drills	AC RECREATION POOL & Optional Indoor Activities	CRC INDOOR POOL	AC RECREATION POOL & Optional Indoor Activities	Combo Sports Camp Challenge: Campers will perform a variety of skills that were presented during the week in a decatholon style event.
2:00 - 2:20	Drills continued; Skill games: Longest hit, Most Accurate serve, Highest number of volleys, Back hand hitting				Combo Sports Camp Challenge continued
2:20 - 3:00	Game Time				
3:00 - 3:15	PM Snack				
3:15-4:00	Game Time	Drills continued; skill games:Most accurate throw, best Get away move and Game Time	Puck/ball handling drills, passing drills, steals drills, goal blocking drills and Game Time	Skill games: Least fielding errors, most accurate throws, hitting contest , fastest around the bases and Game Time	Combo Sports Camp Challenge continued
4 -6pm	PM Extended Care Hours				